



# 2016 FITNESS TEST PREPARATION



## 2016 Pre-season Fitness Test Dates – All at Barden Ridge

- Sunday 21 February at 8.15am
- Wednesday 24 February at 6pm
- Sunday 28 February at 8.15am
- Sunday 20 March at 8.15am



## You should get a medical check before starting any training

- This should be done by your regular doctor
- This should cover general health, allergies, family medical history, injuries, eyesight, an ECG
- This should confirm that you are currently fit to referee football.



## Pre-season training starts Wednesday 13 January 2016

- At Potts Park Yagoona 7pm - 8.30pm.
- Please be there at 6.45pm for a 7pm start.
- The focus will be High Intensity Interval Training drills with more practical elements than in previous seasons
- One pre-season training session per week will not prepare you adequately for the fitness test.



## There will be significantly more practical training this year

You will need the following equipment for each training session:

- Unipro shirt
- Cards, Whistle, Flag (flags should be marked with your name)
- Shorts with pockets to carry cards + whistle during drills
- Joggers and boots/turf shoes
- Wristwatch with stop watch function
- Heart-rate watch (optional but highly recommended)
- Yoga mat and/or beach towel
- Water bottle



## If you are looking for a Christmas present idea for yourself:

- A Heart Rate Watch, preferably Garmin or Polar.
- Preferably has GPS + HR, but HR is more important than GPS.
- Must be easy to read so you can use in matches.
- Preferably with HR chest strap for better accuracy.

## What should you be doing until formal training starts mid-January?

You have about 1 month until formal training starts and 2 months until the first fitness test. You should be running at least 3 times per week (assuming you have no games) and also doing physical preparation and injury prevention work. The sessions should build up gradually (with no more than a 10% increase each week in intensity or duration). The sessions should be planned, particularly when scheduling HIIT and Weight Training.

### Physical Preparation and Injury Prevention Work

- **Proper warm-ups and cool downs** – Before all sessions.
- **Flexibility/Stretching** – particularly in problem areas for you – Use Fifa 11+ as a guide.
- **Core Strength** – Use Fifa 11+ as a guide.
- **Plyometrics** – No more than 70 – 100 landings per session to minimise overuse/injury risk.
- **Weights** – Only if you have been trained in how to do so, with a focus on whole body movements rather than isolating particular muscles. Not in consecutive days.
- **Adequate Rest/Sleep and monitoring your fatigue levels** – Adjusting sessions as required.

### Establishing an aerobic fitness base

- Running at 65-75% of your Maximum Heart Rate.
- If you don't have a Heart Rate monitor, the pace should be "easy-moderate" where the run feels like it takes a little effort but you can hold a conversation easily and keep running all day if needed. It may feel slow to begin with.
- Focus on running form, efficiency, cadence, foot strike, controlled use of arms.
- Some time on the bike/in the pool will help with your training but will not have as significant a training effect as exercises involving running.

### High Intensity Interval Training (HIIT)

- Only attempt HIIT if your body is feeling healthy
- A proper warm-up is essential before any HIIT session and a cool down after.
- To increase anaerobic fitness by working at 86 – 100% of your Maximum Heart Rate for 10-60secs with rest in between each repetition.
- Your rests should be sufficient to lower your heart rate (recovery to < 65% Max is preferred)
- It is the quality of the repetition that is important. 4 high quality reps are more worthwhile than 8 poor quality reps.
- Concentrate on straight line work with minimal turning or change of direction at speed
- HIIT sessions should not be scheduled on consecutive days.

### What we will build in later

There are other areas we will focus on during the season, including:

- Sprint Speed
- Agility/Change in direction
- Acceleration
- Reaction Times
- Practical Training

These are less important to focus on during this self-directed 'building phase' of your fitness program

### Fitness Test Requirements

- **NPL1 NPL2 1<sup>st</sup> Referee** – 6x40m sprint in 6.2secs; 10 laps of 150m in 30s & 50m in 35s
- **NPL1 NPL2 20s Referee** – 6x40m sprint in 6.2secs; 10 laps of 150m in 30s & 50m in 35s
- **NPL1 AR** – 6x40m sprint in 6.2secs; 10 laps of 150m in 30s & 50m in 35s
- **NPL 18s Referee & AR** – 6x40m sprint in 7.0secs; 10 laps of 150m in 40s & 50m in 40s
- **NPL3 1<sup>st</sup> Referee** – 6x40m sprint in 7.0secs; 10 laps of 150m in 40s & 50m in 40s
- **State League Referee** – 6x40m sprint in 7.0secs; 10 laps of 150m in 40s & 50m in 40s
- **WPL Referee + AR** – 6x40m sprint in 6.6secs; 10 laps of 150m in 35s & 50m in 40s
- **All Others** – 6x40m sprint in 7.0secs; 6 laps of 150m in 40s & 50m in 40s

### Some Reading from FIFA

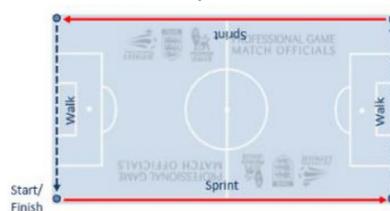
- FIFA 11+ (warm-ups, stretching, core strength and plyometrics):  
<http://f-marc.com/11plus/home/>
- Nutrition for football:  
[http://www.fifa.com/mm/document/footballdevelopment/medical/51/55/15/nutritionbooklet\\_neue2010.pdf](http://www.fifa.com/mm/document/footballdevelopment/medical/51/55/15/nutritionbooklet_neue2010.pdf)

### Some Example HIIT drills

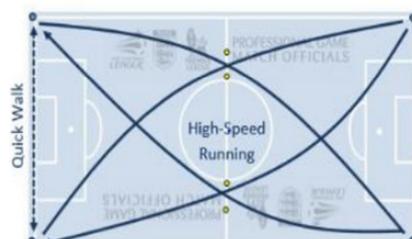
Starting repetitions, effort times and rest times to be determined by your starting fitness levels and the fitness test times you wish to achieve. Start at the higher ends of the scale and work the times down and increase the repetitions and decrease the time between sets, but aim for no more than a 10% increase each week.



**EG1 Run 75m in 12 to 20 seconds, walk for 20 to 30 seconds. Repeat.**



**EG2 Run 100m in 20 - 25 seconds and walk 50 m in 30-40 seconds.**



**EG3 Run 240m in 40 – 60 seconds and walk 50m in 40 – 60 seconds.**

Month:

Name:

What are my Fitness Goals for this month?

	Type of session (incl 2 rest days per wk)	Aim for the session?	Did you accomplish your aim?	Notes (How did you feel before, during, after? What was your diet like?)
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